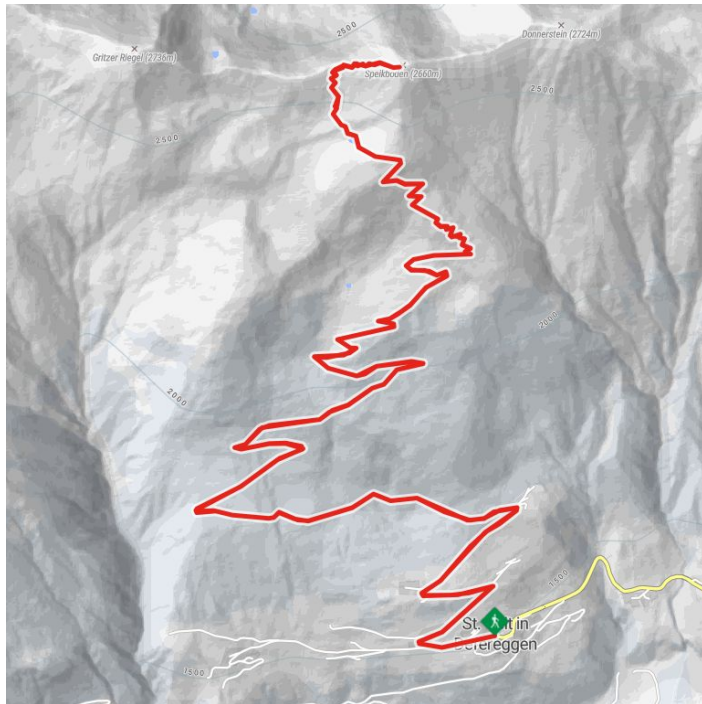
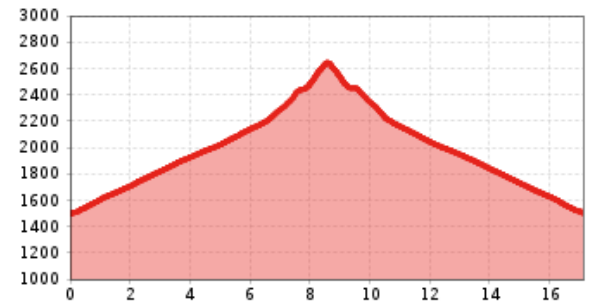


Step by step to unforgettable summit experiences



Altitude profile



The most important at a glance

distance
17 km

altitude meters uphill
1190 m

altitude meters downhill
1180 m

walking time uphill
3:30 h

walking time downhill
2:30 h

total walking time
6 h

highest point
2653 m

difficulty
average

fitness:



technique:



public transport:

Bushaltestelle St. Veit in Deferegggen Dorf

parking:

Von St. Jakob in Deferegggen nach St. Veit in Deferegggen bis zum Parkplatz Oberholz
Parkplatz Oberholz

starting point:

St. Veit Ort

destination point:

St. Veit Ort

best season:

JUN, JUL, AUG, SEP

arrival

Stop

St. Veit in Deferegggen Kirche

Parking spot

Car park St. Veit

Gpx file

[download>](#)

Interactive map

[open>](#)

Description

Summit in the **Lasörlingkamm** ridge above St. Veit i. D.. The **Speikboden** is a much-visited viewing area with a lovely view to the **Großglockner**, **Großvenediger**, **Hochgall** and **Ortler**.

From the village square in St. Veit i. D. follow the road past the town hall, heading west. At the following fork in the roads continue right to the end of the asphalt road (you may also take your car up to this point). Just after the branch-off of the circular hiking trail bear left at a turnstile on the gravel road and continue via a moderately ascending forest trail to a junction, then go right and continue. It is then somewhat steeper in hairpin bends up to the Alpine lodge. From the **Speikbodenhütte** proceed in a northerly direction, past a hay barn then a bit further up to a wayside cross. From here you ascend a bit more, up across Alpine pastures. On the final slope you head steep uphill to the ridge. To finish you then still have the summit ridge along the **Speikboden** to tackle.